Catalogue no. 89-584-MIE — No. 5
ISSN: 1707-7710
ISBN: 0-662-37002-3

Research Paper

Days of our lives: time use and transitions over the life course

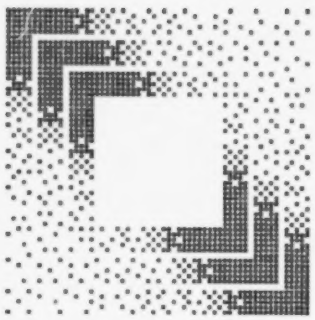
The transition to retirement: When every day is Saturday

1998

by Dr. Janet Fast and Judith Frederick

Housing, Family and Social Statistics Division
7-C1, Jean-Talon Building, Ottawa, K1A 0T6

Telephone: 1 800 263-1136



This paper represents the views of the authors and does not necessarily reflect the opinions of Statistics Canada.

Statistics Canada Statistique Canada

Canada

How to obtain more information

Specific inquiries about this product and related statistics or services should be directed to: Housing, Family and Social Statistics Division, Statistics Canada, Ottawa, Ontario, K1A 0T6 (telephone: (613) 951-5979).

For information on the wide range of data available from Statistics Canada, you can contact us by calling one of our toll-free numbers. You can also contact us by e-mail or by visiting our Web site.

National inquiries line	**1 800 263-1136**
National telecommunications device for the hearing impaired	**1 800 363-7629**
Depository Services Program inquiries	**1 800 700-1033**
Fax line for Depository Services Program	**1 800 889-9734**
E-mail inquiries	**infostats@statcan.ca**
Web site	**www.statcan.ca**

Ordering and subscription information

This product, catalogue no. 89-584-MIE, is available on Internet free. Users can obtain single issues at http://www.statcan.ca/cgi-bin/downpub/research.cgi.

Standards of service to the public

Statistics Canada is committed to serving its clients in a prompt, reliable and courteous manner and in the official language of their choice. To this end, the Agency has developed standards of service which its employees observe in serving its clients. To obtain a copy of these service standards, please contact Statistics Canada toll free at 1 800 263-1136.

105-07305/

Statistics Canada
Housing, Family and Social Statistics Division

Days of our lives: time use and transitions over the life course

The transition to retirement: When every day is Saturday

1998

Published by authority of the Minister responsible for Statistics Canada

© Minister of Industry, 2004

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without prior written permission from Licence Services, Marketing Division, Statistics Canada, Ottawa, Ontario, Canada K1A 0T6.

September 2004

Catalogue no. 89-584-MIE no. 5

Frequency: Occasional

ISSN: 1707-7710

ISBN: 0-662-37002-3

Ottawa

Cette publication est disponible en français (nº 89-584-MIF au catalogue)

Note of appreciation

Canada owes the success of its statistical system to a long-standing partnership between Statistics Canada, the citizens of Canada, its businesses, governments and other institutions. Accurate and timely statistical information could not be produced without their continued cooperation and goodwill.

Symbol legend

The following standard symbols are used in Statistics Canada publications:

.	not available for any reference period
..	not available for a specific reference period
...	not applicable
0	true zero or a value rounded to zero
0^s	value rounded to 0 (zero) where there is a meaningful distinction between true zero and the value that was rounded
^{p}	preliminary
^{r}	revised
x	suppressed to meet the confidentiality requirements of the *Statistics Act*
^{E}	use with caution
F	too unreliable to be published

Table of Contents

Page

The transition to retirement: When every day is Saturday 6

A day in the life 10

Daily activities: Shifting resources and priorities 10

Paid work 11

Unpaid work 14

Recreation and leisure 17

Personal care 19

The rhythm of the week 21

Indicators of time crunch 27

Measures of well-being 28

Satisfaction with life 29

Generalized stress 29

Feeling rushed every day 30

Time on your hands 31

Summary and discussion 32

Appendix A 34

References 39

The transition to retirement: When every day is Saturday

"Love and work are the essentials of human life."

—Freud

In the life course literature, later life tends to be presented as a single life course stage involving a succession of mounting losses arising from discontinuation of important social roles (employee and daily parenting of dependent children), and important social relationships (separation from work colleagues and death of spouse and friends) (Zuzanek and Box 1988). Indeed, the impression is that aging and retirement are virtually synonymous. But this portrait no longer fits reality. Not only are Canadians living longer, they are living later life healthier and with fewer functional disabilities today than in the past. They are better educated and women are increasingly likely to have been employed. About 80% of women in the prime childbearing years are now in the paid work force. The transition may be different for women and men because of the myriad roles that women have experienced over their life course (women maintain primary responsibility for the household even while holding a full-time job and are more likely to have interrupted their labour force participation with the advent of children) compared to the traditionally more linear career paths (school, work, retirement) of men. Therefore, transitions for women and for men are explored separately.

Despite living longer and healthier than earlier generations, some mid-agers may have more limited choices among various activities than mid-agers a decade ago. The median total income of older families, in constant 1998 dollars, has declined since 1989[1]. Low-income rates of elderly families have declined, but rates are still much higher now than they were in the first half of the 1990s.[2] Most notably, low income rates for unattached older women remain high at around 49%.[3] Consequently, retired adults may be more limited by financial constraints in the choices they make about undertaking paid work, unpaid work, leisure and social activities.

As a result, while financial issues linger for some, later life can no longer be characterized as a short period of decline precipitated by withdrawal from the labour force. Older Canadians can look forward to living, on average, two decades or more after they retire, much of it before having to face the physical, cognitive and social changes associated with advanced age. This implies a distinction between the impact on lifestyle of the retirement transition and the other transitions that now are typically experienced much later in life. For the purposes of this series of papers, then, we examine these transitions separately. This paper explores the transition to retirement. An analysis of later life transitions that are a consequence of aging and changes in living arrangements can be found in "Living longer, living better" (Frederick and Fast 2004) in this series on transitions over the life course.

1. Statistics Canada. 1998. *Income in Canada* (Statistics Canada Catalogue no. 75-202-XIE). Table 4.3.
2. ibid. Table 8.7.
3. Statistics Canada. 2000. *Women in Canada 2000* (Statistics Canada Catalogue no. 89-503-XPE). p. 138.

Data and methods

This series of articles explores the effect of life course transitions on time use and quality of life. In order to examine the effect of a life transition, the study population for each article was divided into two distinct groups: those who had experienced the transition being studied (post-transition group), and those who had not (pre-transition group). In the absence of longitudinal data, there is no way of knowing whether those who had not experienced a particular life course transition ever will experience it.

This study uses data from Statistics Canada's 1998 General Social Survey (GSS) on time use.[1] This was Canada's third national time use survey.[2] The target population for the 1998 GSS was people aged 15 and over living in private households, excluding residents of the territories. The sample was selected using the elimination of non-working banks technique of random digit dialing.[3] Respondents in the sample were assigned a day of the week or "designated day", and were asked to describe chronologically what they did on the day following the designated day. Trained interviewers then coded activities into a detailed classification system. The survey was conducted using computer assisted telephone interviewing from February 1998 to January 1999 and an attempt was made to obtain an interview with one randomly selected person from each household. The final response rate was 78%, yielding a total of 10,749 respondents with usable time use diary information.

The day is divided into four main activities: paid work, unpaid work, self-care and leisure.[4] The average time spent per day on each activity is estimated over a seven-day week, and these means and other descriptive statistics are based on weighted data. Differences reported in the analysis are significant at the <0.05 level, unless otherwise specified.

1. The GSS is an ongoing annual survey program at designed to monitor changes in the living conditions and well-being of Canadians over time, and to fill data gaps by providing information on social policy issues of current or emerging interest. Each year, the nationally representative survey focuses on a different core topic, time use being one of five core areas.

2. The other surveys took place in 1986 and 1992.

3. Statistics Canada estimates that less than 2% of the target population of households do not have a telephone. Survey estimates were adjusted to account for people without telephones.

4. See Appendix A for detailed activity codes.

As demonstrated in a previous paper in this series, "The time of our lives: juggling work and leisure over the life cycle" (Fast and Frederick 2004), employment status is a significant determinant of time spent on all four sets of activities: unpaid work, paid work, leisure time and personal care. Kohli (1986) has argued that, in modern society, the life course increasingly is shaped by our system of paid labour and that it is now best characterized as comprising three stages: preparation for the labour force; participation in the labour force; and retirement from the labour force. However, evidence is mounting that contradicts this simple characterization. Both preparation for and retirement from the labour force are now more often seen as processes rather than events that distinctly separate the 'productive' and 'unproductive' dependent stages of life. In "School, work and the school-work combination by young people" in this series (Franke 2004), the transition from school to the labour force was shown frequently to involve simultaneous participation in school and employment. Also common are sequential episodes of work and education as workers attempt to keep skills current or retool for a new career. Retirement patterns have undergone similar dramatic changes. The

average age at (first) retirement has declined. Coupled with increasing life expectancy, this means that we will live longer after retiring from paid work than ever before. However, as many as a quarter of retirees report that they were forced by circumstances to retire sooner than they would have liked. Many are mixing paid work and retirement, using strategies such as "bridge" jobs, self-employment, part-time employment and partial retirement to ease out of paid work roles (Quinn 1997; Marshall and Clark 1996; Verbrugge et al. 1996). In short, the structure of paid employment over recent years has changed dramatically. Non-standard jobs[4] now account for about 41% of women's and 29% of men's jobs.[5]

The question remains: what shift in activities and attitudes occurs when paid work no longer consumes a major portion of the day, and when the balance of resources shifts from money to time? This paper focuses on these choices.

In their review of the literature on successful aging, Zuzanek and Box (1988) described the many and varied theories of "success" in later life that abounded in the 1960s. Many subscribed to disengagement theory, seeing successful aging as voluntary and graceful withdrawal from a variety of mid-age roles and social behaviours (including employment). For others, role continuity was the key and successful adjustment to retirement depended on one's success at maintaining activity patterns developed in middle age. For still others, successful adjustment to retirement depended on developing substitute roles, especially that of a competent leisure consumer.

The earliest examples of research on time use excluded older people altogether (Altergott 1988; Harvey and Singleton 1989; Lawton 1999; Szalai 1972). Those who did examine older persons' time use seem to have been guided by early disengagement and substitution theories, limiting their attention to selected sedentary leisure activities and the substitution of leisure time for paid work time (Harvey and Singleton 1989). As a result, stereotypes emerged of the older retired person "with nothing to do except watch television and wait for the postman... whose abundant leisure has become painful monotony" (McKinnon 1992, p. 103). Those writing about successful aging today dismiss the stereotypes of unproductive and dependent seniors as unfair and detrimental to the vitality of society as well as dignity of individuals (Rowe and Kahn 1998). It is argued that these stereotypes are inaccurate even for current seniors, let alone for future generations. Indeed, more recent empirical evidence expands attention to all activity categories rather than just sedentary leisure and challenges such stereotypes. It shows that, while some of the time formerly spent on paid work is re-allocated to sedentary leisure on retirement, time also is re-allocated to active leisure, unpaid household work, volunteer work and social activities (Fast, Dosman, Chapman and Keating, under review; McKinnon 1992; Robinson and Godbey 1997).

Rowe and Kahn (1998) suggest that how we use our time is critical to aging successfully. According to their model, successful aging is dependent not just on good health, but more importantly on being able to carry out necessary daily activities for oneself, maintaining close relationships with others, giving and receiving help, and staying involved in other productive activities. Indeed, Cunninghis (1989) reports that the aging process slows significantly when people remain active and involved. Bradley (1999/2000) further suggests that volunteering may help mediate the transition to retirement. Thus questions related to how we spend our time during the retirement process and after retiring permanently from the labour force become important to understanding factors that contribute to personal well-being and designing programs and policies that enhance seniors' well-being.

Not only is engagement in productive activity personally beneficial to seniors, it also is beneficial to society as a whole. Participation in activities that enable them to meet their own daily needs, and that are physically, mentally and socially engaging helps keeps them healthy and independent, thus reducing demands on public services. Moreover, seniors increasingly are looked to as an important source of informal care and volunteer work (U.S. Department of Health and Human Services 1977; Bradley 1999/2000). Keating et al. (1999) estimated that it would take 276,509 full-time, full-year employees to replace the care work done by the

4. Non-standard job arrangements include part-time work, part-year jobs, temporary and contract work, own-account self-employment and multiple jobs.

5. Statistics Canada. 2000. p. 103.

2.1 million Canadians who provided care for a frail senior family member or friend in 1996. They further estimated that it would cost between 4.9 and 6.4 billion dollars to hire employees to do the work.

As previously noted, non-standard jobs now account for a significant minority of paid work roles, and these different forms of work may have an impact on the transition into "retirement". Only with longitudinal data could we truly follow the transition from different forms of work into retirement. Longitudinal data would give us a dynamic picture of the lifestyle changes that occur when mid-agers move from various types of jobs into retirement. Using cross-sectional data we can proxy basic changes by examining the differences in activities and attitudes between the employed and the non-employed. We have grouped the sample of 3,556 respondents, 45 to 69 years of age, into full-time employed, part-time employed, keeping house, and retired for the purpose of studying this transition.

Respondents who had worked for pay the previous week and reported their usual hours of work as 30 hours or more per week were classified as employed full time. If they stated they were employed and reported their usual hours of paid work as less than 30 hours per week, they were classified as employed part time. Respondents who said they were not employed were categorized according to the main activity they reported, either keeping house or retired. About 17% of respondents age 45 to 69 could not be classified into any of our transition groups because they failed to respond to one of the questions used to classify them.

Table 1
Classification of population aged 45 to 69

Transition to retirement	Frequency	Percent
Women		
Employed full time	1,418,961	35.6
Employed part time	409,327	10.3
Retired	820,125	20.6
Keeping house	714,085	17.9
Total	**3,362,498**	**84.4**
Not included	621,858	15.6
Total	**3,984,356**	**100.0**
Men		
Employed full time	2,223,346	57.0
Employed part time	131,692	3.4
Retired	803,718	20.6
Total	**3,158,756**	**81.0**
Not included	742,459	19.0
Total	**3,901,214**	**100.0**

Source: Statistics Canada, General Social Survey, 1998.

Among the respondents we were able to classify, a significant minority of women (42%) and a majority of men (70%) aged 45 to 69 were employed full time. A much smaller proportion was employed part time (12% and 4% respectively). Nearly a quarter of both women and men reported their main activity as retired. About 21% of the women reported their main activity as keeping house.[6] The sample size for men keeping house

6. Women who reported they were keeping house had different characteristics than those who reported they were retired: women keeping house were much more likely to report they had lost a job last year than retirees (37% versus 9%). And, they were less likely to report pension income (14% versus 47%) as their main source of income and more likely to state it was employment income (22% versus 5%).

was not sufficient for meaningful analysis. While very few older men claimed that "keeping house" was their main occupation, this response may change in the future as more young men share household and family responsibility with their partners.

A day in the life

Because everyone has exactly 24 hours each day, a decrease in time devoted to work for pay must be compensated with an increase in time spent on other activities. Decisions about the activities to which such time will be reallocated tell us much about the values of those making the decisions and about expected outcomes of the transition to retirement. While much of the prior research on seniors' time use has focused on outcomes such as dependency, social isolation and sedentary lifestyles, the time use data analyzed here demonstrate that this passage is richer, more complex and more positive than previous findings would have us believe.

Daily activities: Shifting resources and priorities

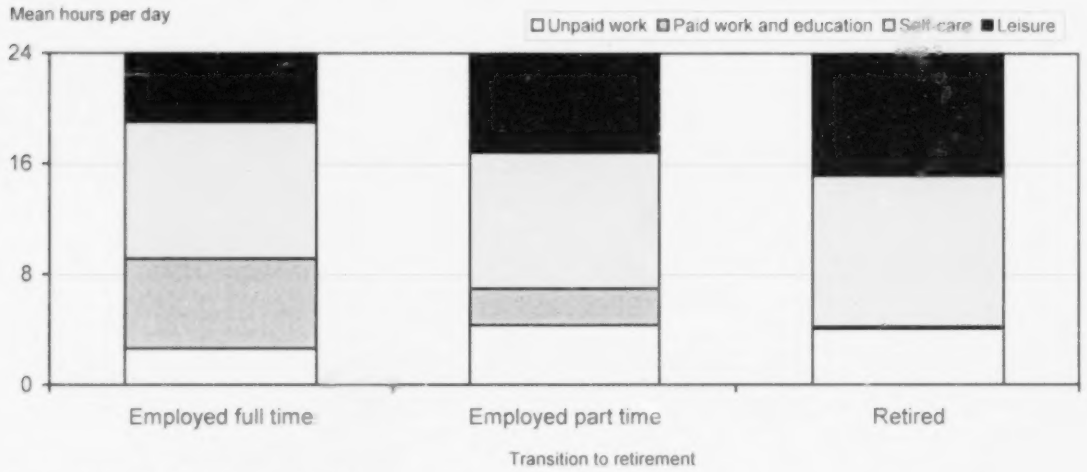
Charts 1 and 2 illustrate how the employed, the retired and homemakers spent their 24-hour day. More specifically, the charts demonstrate the redistribution of the time formerly spent on paid work across other activities as a result of the shift from employment to retirement. However, knowing how time is allocated among these highly aggregated activity categories provides limited insight as to the ways in which retirement is related to lifestyle.

Chart 1

Time spent on daily activities by women aged 45 to 69

Source: Statistics Canada, General Social Survey, 1998.

Chart 2
Time spent on daily activities by men aged 45 to 69



Source: Statistics Canada, General Social Survey, 1998.

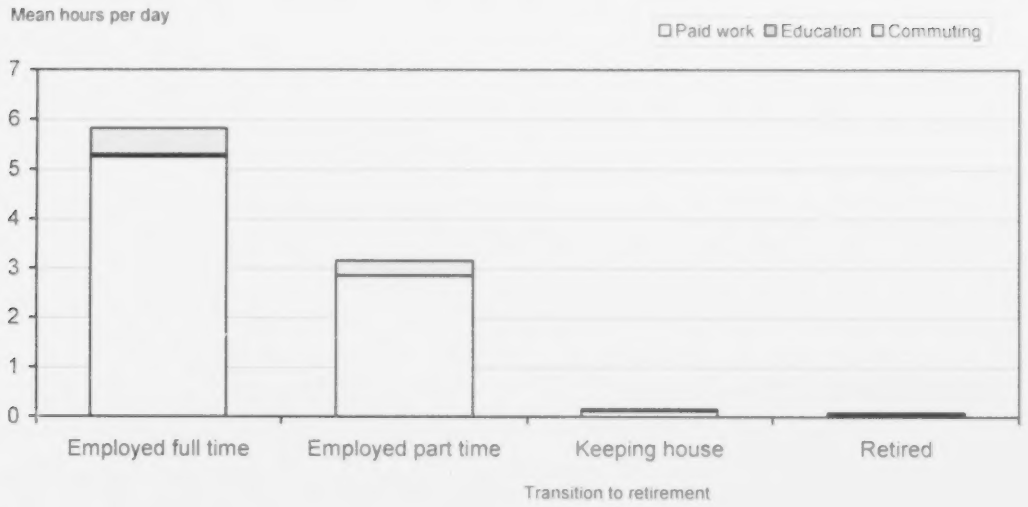
Do retirees spend their three additional hours of leisure time in front of the television or is it spent exercising out in the sunshine and fresh air? We have to examine the composition of the aggregate activities to determine if Canadian retirees are pursuing "healthy" lifestyles. More detailed breakdowns of how time is allocated within each of the broad activity categories follow.

Paid work

On average, full-time employed women and men aged 45 to 69 spent 5.2 and 5.9 hours per day (averaged over seven days) respectively on paid work activities.[7] Part-time employed women and men spent about half that amount of time on the job: 3.2 and 2.7 hours per day respectively. About 10% of time spent on paid work activities was spent commuting to and from the job, whether working full or part time. (Charts 3 and 4).

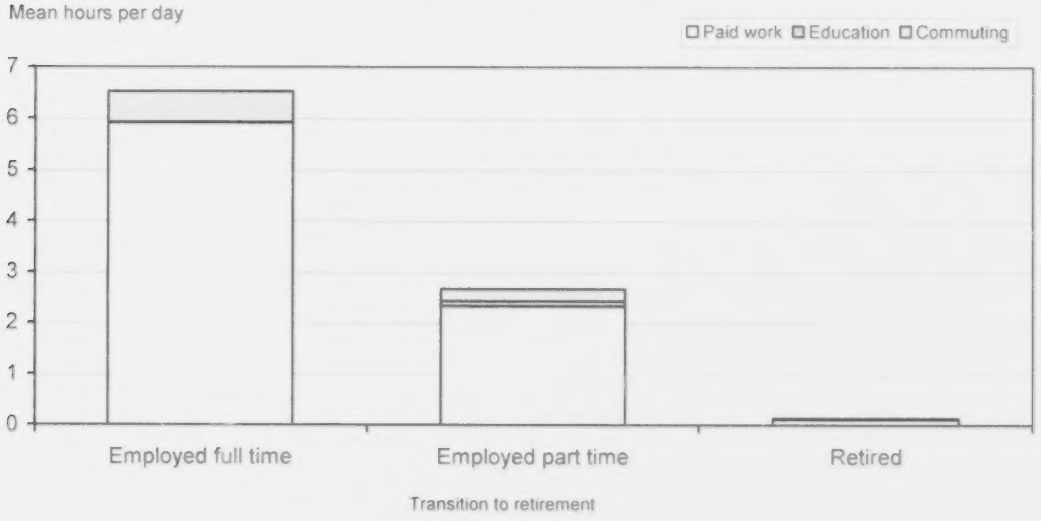
7. It should be noted that the mean hours per day are averaged over a seven-day week. For example, a 40-hour work week would average 5.7 hours/day over seven days, compared to an average 8.0 hours/day over the 'normal' work week of five days.

Chart 3
Time spent on paid work activities by women aged 45 to 69



Source: Statistics Canada, General Social Survey, 1998.

Chart 4
Time spent on paid work activities by men aged 45 to 69



Source: Statistics Canada, General Social Survey, 1998.

Despite the superficial similarities, part-time employment appears to be an entirely different experience for women and men at this point in the life course.[8] Women working part-time spent more time on paid work, unpaid work and personal care than their male counterparts. Consequently they were left with almost 2 hours per day less leisure time than men who worked part time.

Reasons for working part time appear to be very different for women and for men. As illustrated in "Work, parenthood and the experience of time scarcity" (Zukewich 2003) in this series, which describes the busy career-building and family-formation years, a woman's career path is more likely to be affected by the transitions to marriage and, most especially, to motherhood. Fast and Da Pont (1997) found that women's employment is more likely to be interrupted and some women adopt part-time work as a coping strategy to balance competing paid work and family responsibilities. Part-time work can be a double-edged sword. The 1998 General Social Survey shows that trading money for time (e.g. working part time compared to full time) reduced the time crunch but a less than full-time commitment to the labour market can impose unexpected disadvantages. For some, it may mean working longer for low wages in dead-end jobs with few benefits. When many of their peers are enjoying retirement, they may have to continue working until they are eligible for public pensions.[9] At this later stage of life, part-time work for women may simply be a continuation of a career path that resulted from earlier life course transitions and "choices".

In contrast, part-time work (although non-standard jobs now account for 29% of men's jobs) is still a departure from the traditional pattern of school, full-time work and retirement for most men. Few men aged 45 to 69 (3%) opted for part-time employment, even at this stage of life. For those who did, working part time may be more a phased entry to retirement than a lifetime career path. Extant research suggests that self-employment is a strategy to ease into retirement and alleviate unease with unstructured time. Indeed, the majority of male part-time workers at mid-age (52%) reported they were self-employed compared to a minority of part-time employed women (24%) and full-time employed men (30%). (Table 2) Mid-aged men and women also evaluated part-time work differently. Fully 1/3 of men who worked part-time described their main activity as retired, in contrast to just 4% of women who worked part time.[10] (Table 3) This also suggests that, at least for some men, part-time work is more of a pastime or diversion from retirement, or, perhaps, a step in the retirement process. For other men, as for many women, part-time work may be a financial imperative.

Table 2
Employment status, mid-agers 45 to 69

	Type of employment				
Transition to retirement	Paid worker	Self-employed	Other	Not stated	Total
			%		
Women					
Full time	87	13	F	F	100
Part time	75	24	1	0	100
Total	**84**	**16**	**F**	**F**	**100**
Men					
Full time	70	30	0	0	100
Part time	48	52	0	0	100
Total	**69**	**31**	**0**	**0**	**100**

Source: Statistics Canada, General Social Survey, 1998.

8. Indeed, women are three times as likely to be employed part time as men.

9. Despite the disadvantages, nearly 75% of women and more than 80% of men employed part time stated they enjoyed their paid work.

10. For this study, the usual hours of work reported by the respondent took precedence over the main activity (self-perceived) in the classification to employment status. Some respondents who were grouped with the employed using usual hours of work may have (paradoxically) reported their main activity as retired or keeping house. Hours of work was considered key to time use behaviour.

Table 3
Reported main activity, mid-agers aged 45 to 69

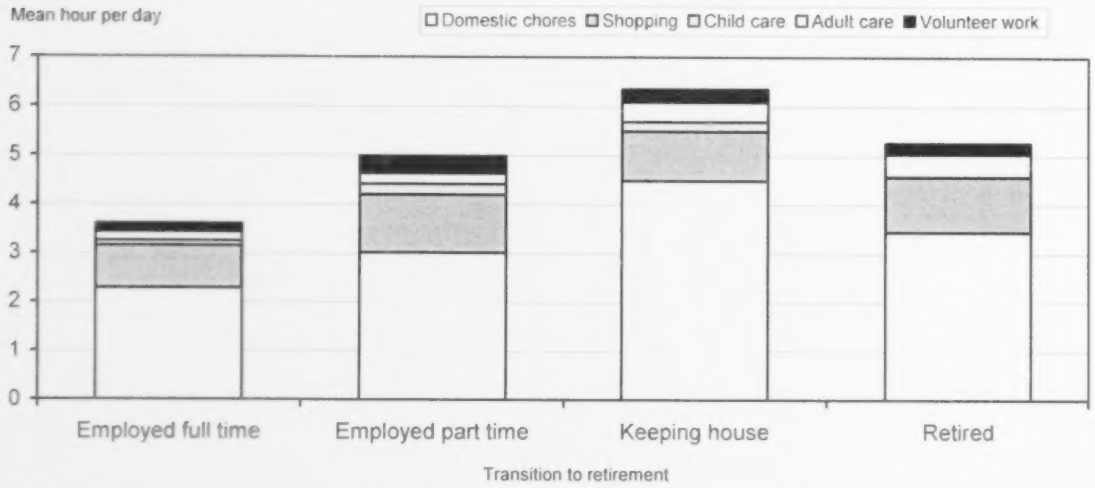
	Main activity in past seven days					
Transition to retirement	Employed	Look for work	Keep house	Retired	Other	Total
			%			
Women						
Employed full time	97	0	1	1	1	100
Employed part time	78	1	13	4	4	100
Retired	0	0	0	100	0	100
Keeping house	0	0	100	0	0	100
Total	**51**	**0**	**23**	**25**	**1**	**100**
Men						
Employed full time	98	0	0	1	1	100
Employed part time	59	0	8	33	0	100
Retired	0	0	0	100	0	100
Total	**72**	**0**	**0**	**27**	**0**	**100**

Source: Statistics Canada, General Social Survey, 1998

Unpaid work

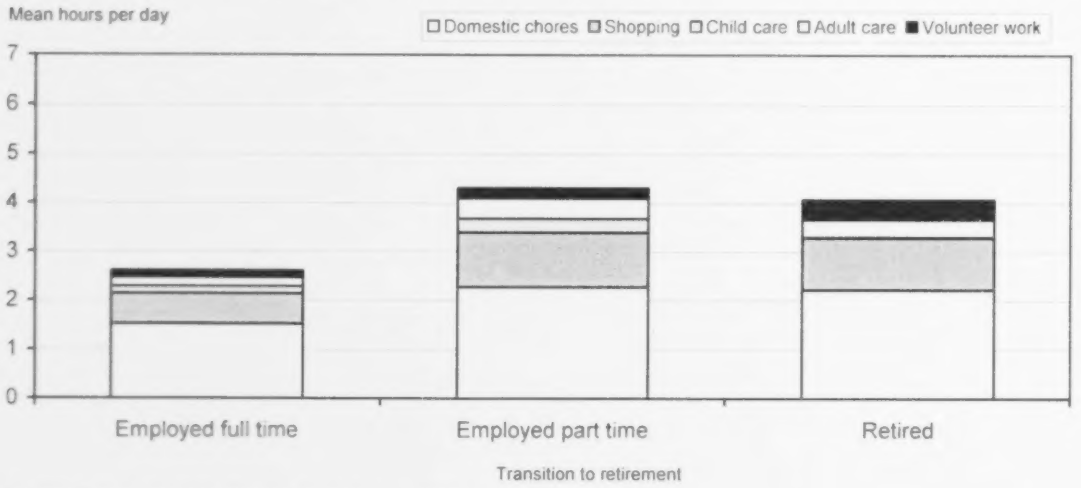
In the absence of paid work demands, retired women and men gained nearly six hours per day (averaged over a seven-day week) to reallocate among other activities. Perhaps most importantly, Charts 1 and 2 demonstrate that, while retired women and men did reallocate much of the time formerly spent on the job to recreation and leisure, this substitution did not fully offset the time freed up by their retirement. Much of it also was reallocated to unpaid work, especially for women. Retired women spent 5.3 hours per day on unpaid work, 1.7 hours per day more than women employed full time. In fact, retired women spent about the same amount of time on unpaid work that full-time employed women spent on their paid jobs. Retirement makes an even bigger difference for men. Retired men spent 4.1 hours per day on unpaid work, compared with 2.6 hours per day for their full-time employed counterparts. So the traditional gendered division of labour continues into this stage of the life course, but it narrows slightly.

Chart 5
Time spent on unpaid work activities by women aged 45 to 69



Source: Statistics Canada, General Social Survey, 1998.

Chart 6
Time spent on unpaid work activities by men aged 45 to 69



Source: Statistics Canada, General Social Survey, 1998.

Women who reported their main activity as keeping house spent the most time on housekeeping tasks—an hour per day more than women who reported they were retired. This amount of unpaid work exceeded the amount of time full-time employed women devoted to their paid jobs.

Individuals shift activities based on relative resources, which change with the transition from employment to retirement. Income has declined and time has been freed up. Consequently, retirees may shift from market production, where earned income is used to purchase products and services to save time, to home production, which saves money. Retirees tend to do more for themselves around the house and buy fewer goods and services. Certainly, retired women spent more time cooking and cleaning up and more time on housekeeping tasks than employed women. They also spent more time gardening. Interestingly, time spent on laundry and ironing remained the same. While retirees may now have more time to take care of their clothes, their wardrobe has probably changed to reflect a more casual lifestyle. Men increased their time spent on typical male tasks, such as interior maintenance and repair work and on gardening and grounds maintenance, with retirement. These activities may well lead to less money spent on restaurant meals, dry cleaning and hired help. Home producers also have more time for other contributions to society. Indeed, as Charts 5 and 6 show, the retired spent more time on all aspects of unpaid work (domestic chores, shopping, caring for family, friends and neighbours, and volunteer work) than the employed.

For some mid-agers, adult care played an increasingly prominent role in daily activities. Nearly 12% of full-time employed workers devoted 1.6 hours per day to taking care of adult family, friends and neighbours. However, an even higher proportion of the retired (16% of women and 18% of men) spent even more time (2.9 and 2.4 hours per day) on adult care tasks. Fully 20% of women keeping house spent somewhat less time (2.0 hours per day) on these tasks. Perhaps the most surprising result is the high proportion of part-time employed men (36%) caring for a dependent adult. Caregiving responsibilities may be one of the reasons for the deviance from the traditional male model of full-time employment.

Recent research (Bittman, Fast, Fisher and Thompson 2004) suggests that adult care and assistance may well be underestimated in time use surveys. While adult care and assistance outside the household is obvious and normally represents the primary, if not only, activity being carried out at the time, adult care within the household is often a secondary activity (occurring simultaneously with other, primary, activities). Conceivably, when only primary activities are reported, as is the case in the survey that produced the data being analyzed here, the average time spent on adult care is likely underestimated. Previous research on eldercare (Keating et al. 1999) also suggests that care to dependent household adults may not be recognized as care, or may be difficult for respondents to disentangle from the same tasks performed for other household members. Only when traditional household activities change hands due to the incapacity of an ailing spouse does this care become obvious (for example, a husband with an ailing wife who has to take on the cooking and cleaning in addition to attending to his wife's personal care needs, which may account for the relatively high proportion of men doing adult care). Nevertheless, about 15% of mid-agers reported doing adult care in their daily diary. More than 1/3 of men who worked part time (36%) reported more than one hour per day of adult care. It may well be that the need to carry out adult care contributed to the choice of part-time work for mid-aged men. A smaller proportion of retirees (17%) spent more time. Retired women and men spent 2.9 hours per day and 2.0 hours per day, respectively, on adult care. Perhaps again the requirements for providing care to an ailing adult contributed to an early retirement.

Table 4
Average time spent on adult care by mid-agers aged 45 to 69

Transition to retirement	Women		Men		Total	
	Time spent on adult care by participants	Participation rate	Time spent on adult care by participants	Participation rate	Time spent on adult care by participants	Participation rate
	Hours	%	Hours	%	Hours	%
Employed full time	1.6	12	1.4	13	1.5	12
Employed part time	2.0	11	1.1	36	1.5	17
Retired	2.9	16	2.0	18	2.4	17
Keeping house	2.0	20	0.0	0	2.0	20
Total	**2.1**	**14**	**1.6**	**15**	**1.8**	**15**

Source: Statistics Canada, General Social Survey, 1998.

Mid-aged parents, with children under age 25 still at home, are most at risk of becoming the "sandwich generation", filling the needs of still-dependent children and ailing parents. Nearly 1/3 of Canadians aged 45 to 69 has not yet made the transition to the empty nest, and for some, the health of their parents has become more precarious. In fact, about 16% of mid-aged parents were devoting about 1.3 hours per day to adult care.

Table 5
Average time spent on adult care by mid-aged parents aged 45 to 69

Parents	Time spent on adult care by participants	Participation rate
	Hours	%
Mothers	1.4	15
Fathers	1.2	17
Total	**1.3**	**16**

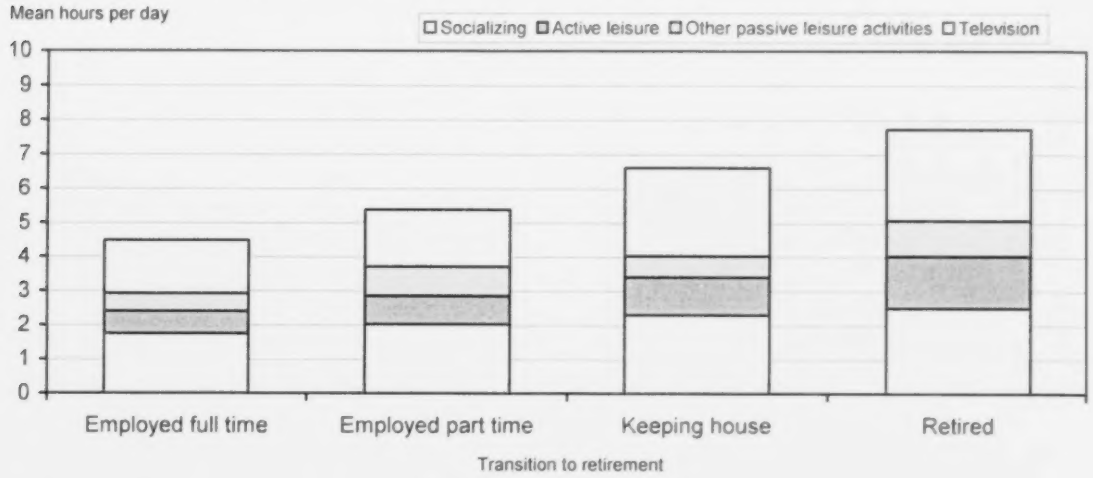
Source: Statistics Canada, General Social Survey, 1998

Recreation and leisure

While the preceding analysis demonstrates that retirees remained actively engaged in caring for themselves and others, they did not reallocate all of the newfound time to these activities. About half went to recreation and leisure. The additional three hours of leisure time enjoyed by the retired resulted in women spending more than 7½ hours, and men almost 9 hours, each day on recreation and leisure activities.

Chart 7

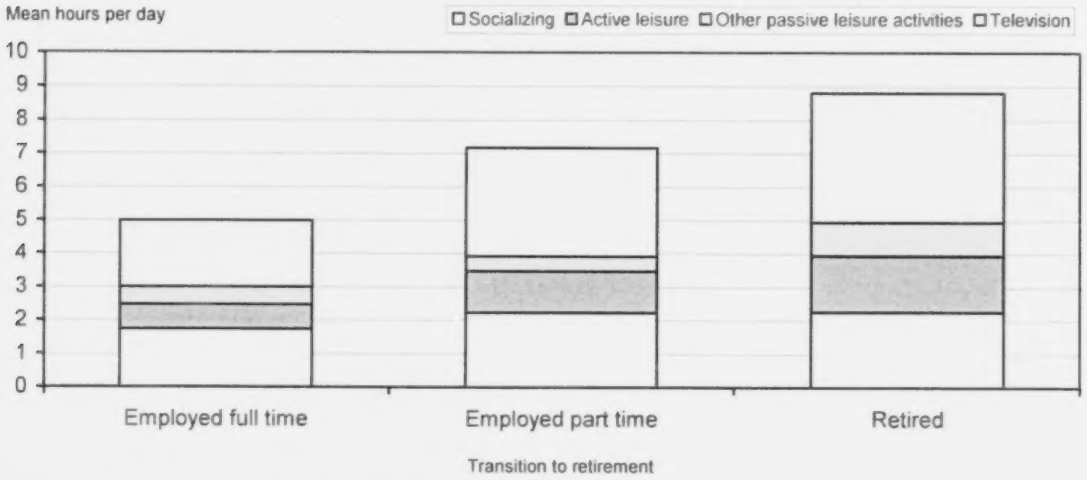
Time spent on leisure activities by women aged 45 to 69



Source: Statistics Canada, General Social Survey, 1998.

Chart 8

Time spent on leisure activities by men aged 45 to 69



Source: Statistics Canada, General Social Survey, 1998.

An increase in passive leisure, which has preoccupied prior research on seniors' use of time, is evident. While slightly more women watched television following retirement (from 74% to 82%), participation rates for retired men soared (from 78% to 91%) on an average day. The time spent watching television also rose, about an hour more per day for women (from 1.6 hours per day to 2.7 hours per day) and two hours more for men (from 2.0 hours per day to 3.9 hours per day). About half of retired mid-agers spent an additional 1.7 hours per day on other passive leisure (reading, listening to music, etc.).

According to Rowe and Kahn (1998), active living is important to successful aging. Charts 7 and 8 also make it clear that, in addition to spending more time on passive leisure, retired women and men also spent more time socializing than when they were constrained by workplace demands. Indeed, the data suggest a dynamic social life. About 2/3 of retired women and men got together with friends and/or family[11] outside the household each day. As a result, only half as many retired as full-time employed respondents (20% compared with 40%) reported that they lacked sufficient time to spend with family and friends.

As well, retirees were both more likely to participate in and to spend more time on, active leisure activities than employed mid-agers. More than half of the retired population (50% of women and 59% of men) went for a walk, played cards or participated in hobbies and crafts each day, compared to about 1/3 of the full-time employed women and men. While about 12% of employed women spent nearly one hour walking, hiking, jogging or running on an average day, nearly 17% of retired women participated in these activities for nearly 1½ hours per day. Participating in mentally stimulating games, cards, puzzles and board games also was more common among female retirees (15% compared with only 4% of employed women) and consumed more of their time (nearly 1½ hours versus one hour per day). Women who were retired from the labour force also were more likely to do home crafts than those still employed (11% for more than 1½ hours versus about 4% for less than one hour respectively). Participation rates in active sports for women keeping house were somewhat lower than for retired women.

Retired men were far more likely to walk, hike, run or jog than full-time employed men (28% as compared with just 8%). Participation in games, cards, puzzles and board games also increased from 2% for just over one hour to 7% for more than 1½ hours. Part-time employed men were most likely to participate in walking, hiking, jogging, running (15%) or golf (7%). Not surprisingly, golf showed the longest time commitment; participants spent 3.7 hours, regardless of employment status.

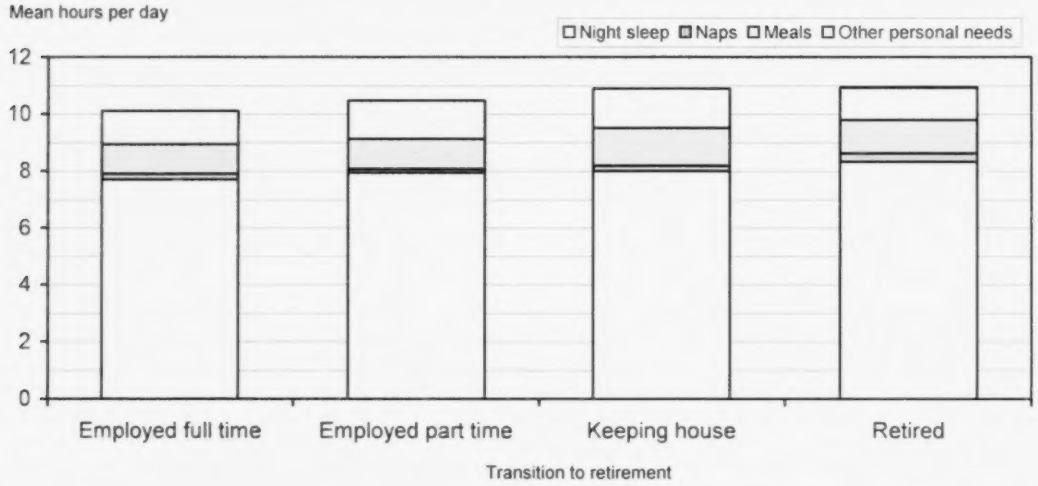
Personal care

Personal care (satisfying basic biological needs such as eating, sleeping, washing and dressing) was the activity least affected by differences in employment status (Charts 9 and 10), though the retired spent about an hour more per day on such activities.

11. Recent research by Dr. Edward M. Hallowell of Harvard Medical School suggests that lots of human contact is the key to emotional and physical health. In *Connect: 12 Vital Ties That Open Your Heart, Lengthen Your Life and Deepen Your Soul* (Pantheon, 1999), Dr. Hallowell states human connection leads to a significantly longer life, despite smoking, drinking and bacon cheeseburgers.

Chart 9

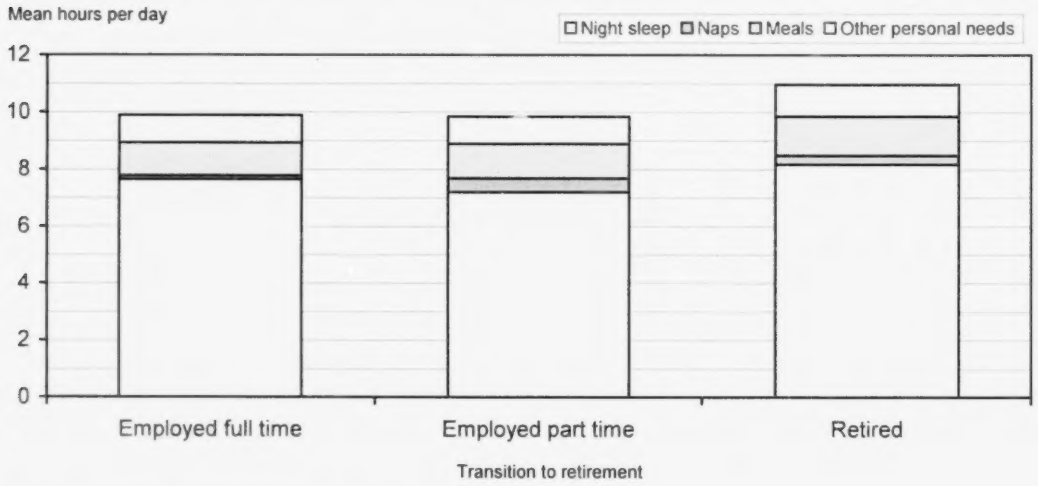
Time spent on personal care activities by women aged 45 to 69



Source: Statistics Canada, General Social Survey, 1998.

Chart 10

Time spent on personal care activities by men aged 45 to 69



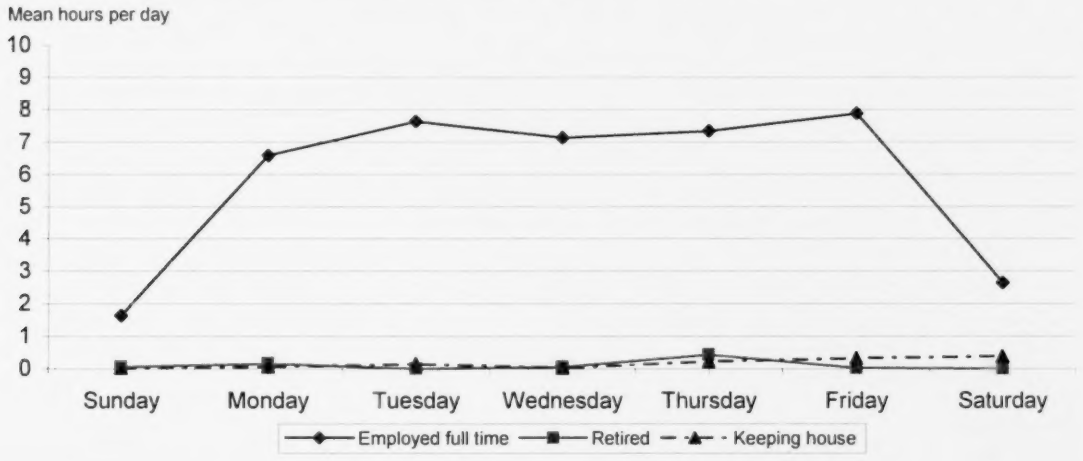
Source: Statistics Canada, General Social Survey, 1998.

For retired men, most of this difference was accounted for by more night sleep (more than 8.0 hours per night for retired men compared with 7.5 hours per night for employed men). Leaving the paid labour force brought welcome relief from the sleep deprivation associated with employment (Frederick 1995). Part-time employed men reported the shortest nights (7.2 hours), but napped for nearly ½ hour per day. Even though full-time employees were most likely to forego sleep when they needed more time (>45%), only about 10% napped on a typical day, presumably because they had no opportunity during their workday. With the transition to retirement a higher proportion of women (18%) and men (23%) took naps. These naps were not restorative 15-minute snoozes; the average time of retirees who took a nap was 1½ hours.

The rhythm of the week

As well as a shift in the amount of time spent on various activities, retirement also introduced a shift in the rhythm of the week. As Charts 11 and 12 below illustrate,[12] despite the steady shift in employment patterns across the days of the week, the reallocation of time from paid work to other activities was primarily from weekdays, i.e. Monday to Friday, reflective of the typical work week.

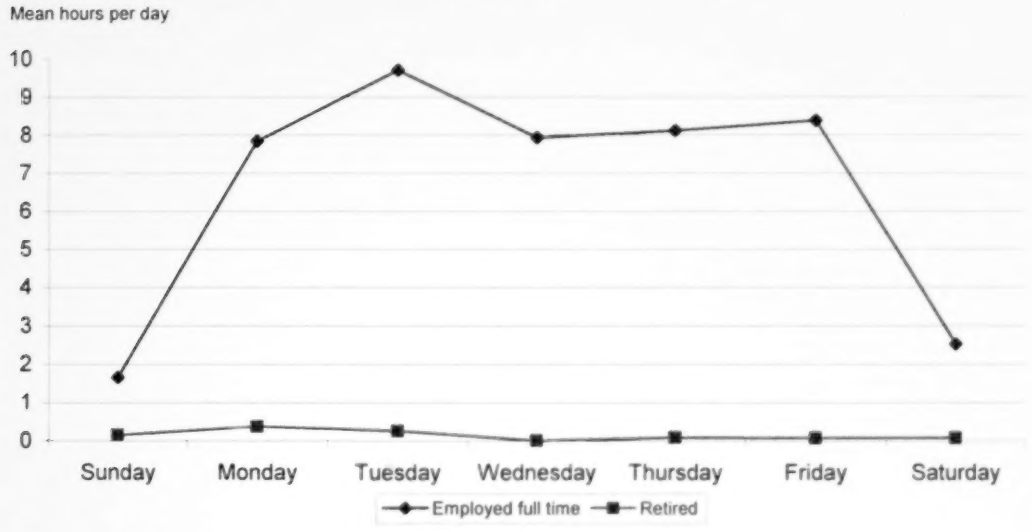
Chart 11
Average time spent on paid work by day of week by women aged 45 to 69



Source: Statistics Canada, General Social Survey, 1998.

12. Sample sizes by day-of-week are too small to include part-time workers.

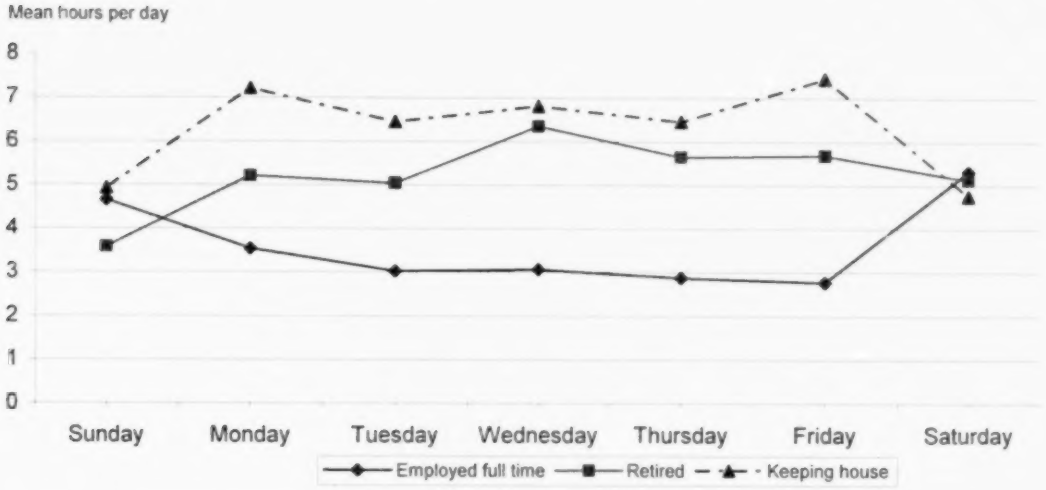
Chart 12
Average time spent on paid work by day of week by men aged 45 to 69



Source: Statistics Canada, General Social Survey, 1998.

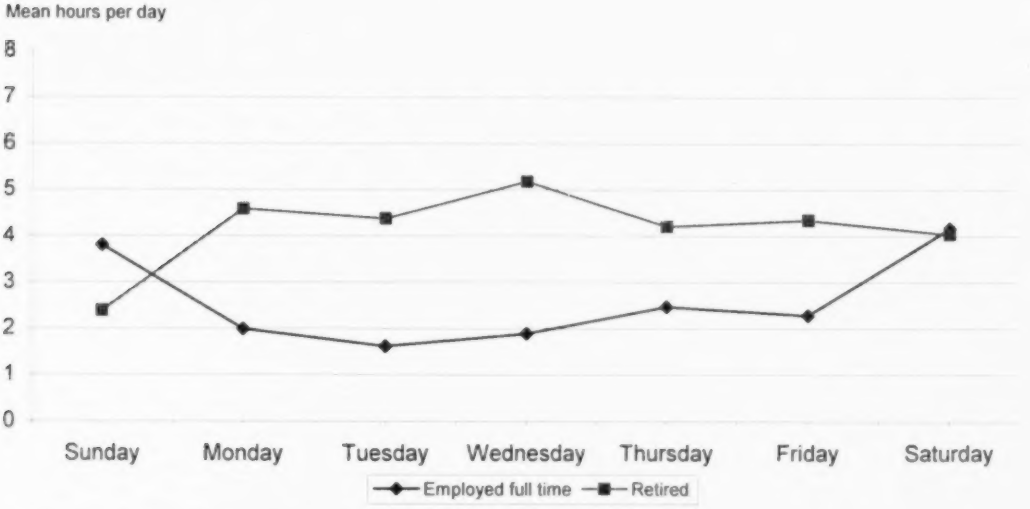
As Charts 13 and 14 below illustrate, even though retirees reallocated much of their paid work time to unpaid work, they continued to do about the same amount of unpaid work on Saturday as when they were employed but did less than they used to on Sunday. The reallocation from paid work to unpaid work transpired almost entirely on weekdays when the retired spent more time on unpaid work than when they were employed full time.

Chart 13
Average time spent on unpaid work by day of week by women aged 45 to 69



Source: Statistics Canada, General Social Survey, 1998.

Chart 14
Average time spent on unpaid work by day of week by men aged 45 to 69

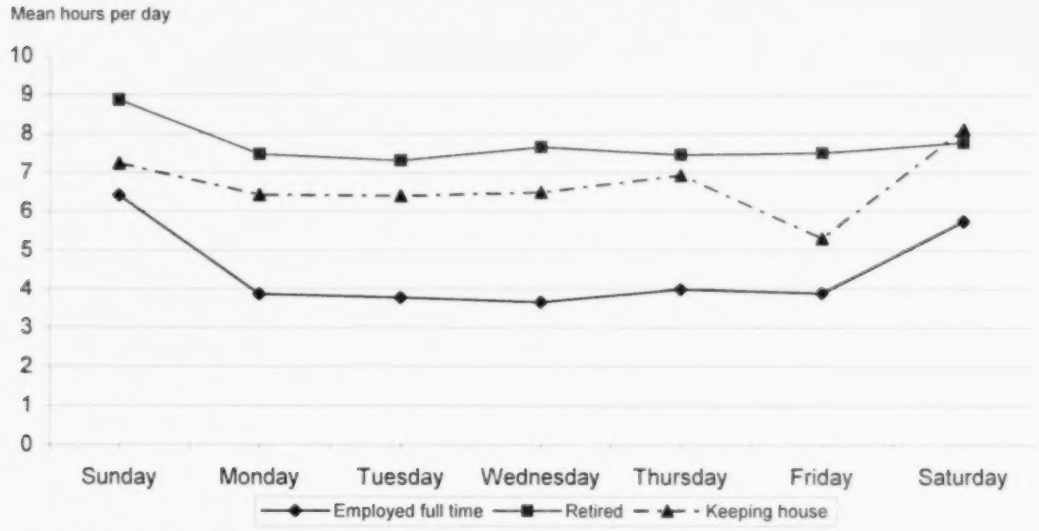


Source: Statistics Canada, General Social Survey, 1998.

Consequently, the weekly rhythm of productive work for retirees changed substantially. Retirees spent much less time on productive work during the week than when they were working full time. The difference diminished on weekends when the employed typically spent less time on the job. (Charts 15 and 16)

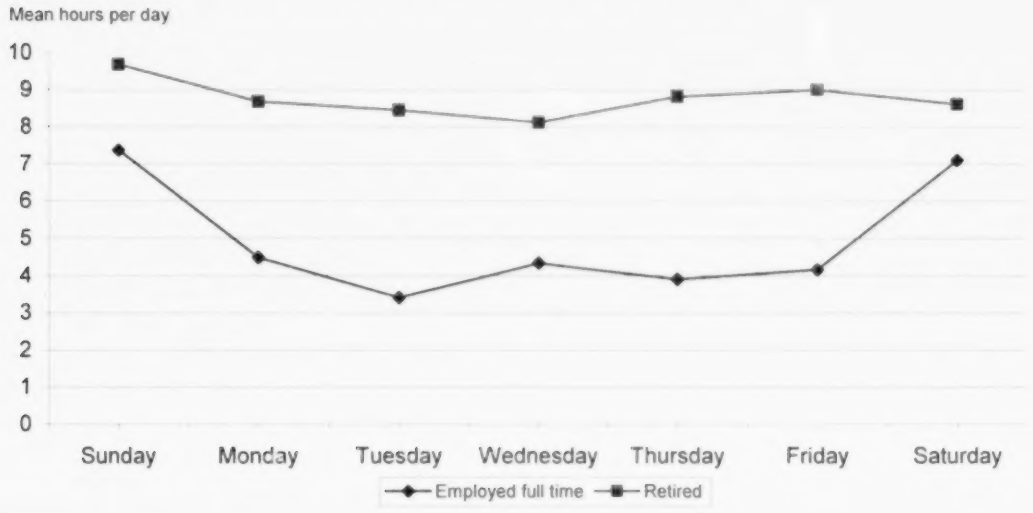
As a consequence, the transition to retirement brought an increase in the amount of time spent on leisure every day of the week, but the amount of the time reallocated to leisure was greater on weekdays than on weekend days. Among the employed, leisure peaked on weekends, jumping from about four to almost eight hours per day. For retirees, leisure was more evenly spread throughout the week. (Charts 17 and 18)

Chart 15
Average time spent on leisure by day of the week by women aged 45 to 69



Source: Statistics Canada, General Social Survey, 1998.

Chart 16
Average time spent on leisure by day of the week by men aged 45 to 69



Source: Statistics Canada, General Social Survey, 1998.

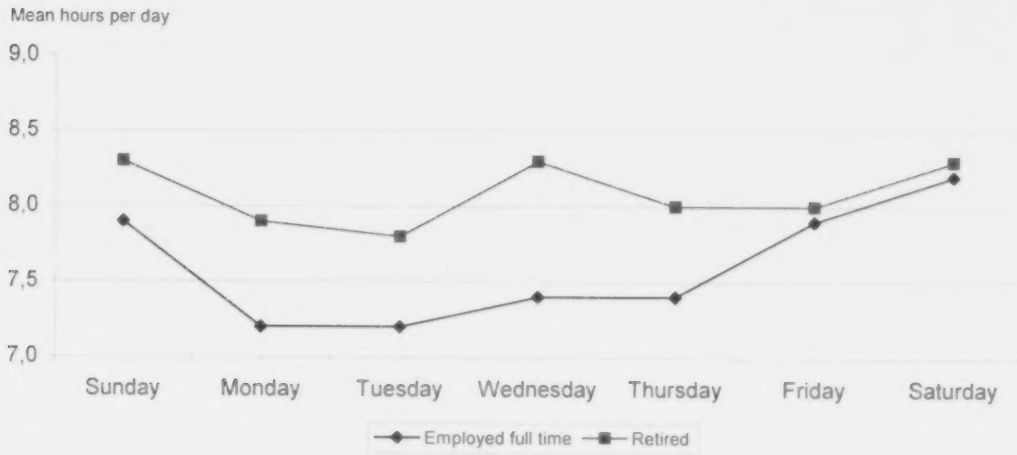
Charts 17 and 18 reveal that retirees also reallocated some of their previous time spent at paid work to getting a good night's sleep.[13] Retirees spent more time sleeping than when they were employed, but only on typical workdays. Employed individuals appear to be cutting back on their sleep to fit paid work into their day. In the middle of the week the difference in the time spent sleeping between the full-time employed and the retired rose to nearly one hour.

13. The sleep variable used to illustrate these charts captures the usual definition of night sleep. Night sleep for the 24-hour diary comprises two episodes of sleep, from 4:00 a.m. until rising plus the time spent from bedtime till 4:00 a.m. the next night. An artefact of this methodology is that the mean for Sunday night includes one episode of sleeping in late on Sunday morning and a second episode of going to bed early Sunday night to be ready for work Monday morning. The two sleep episodes included in the 24-hour period for Sunday overstates the "normal" concept of time spent sleeping.

Chart 17
Average time spent on sleeping by women aged 45 to 69

Source: Statistics Canada, General Social Survey, 1998.

Chart 18
Average time spent on sleeping by men aged 45 to 69



Source: Statistics Canada, General Social Survey, 1998.

Time pressures, well-being and time poverty

Indicators of time crunch

Table 6
Questions on time perception, mid-agers aged 45 to 69, by sex

Transition to retirement	Plan to slow down	Workaholic	Cut back on sleep	At end of day - not accomplished everything	Want more time for family/ friends
			%		
Women					
Employed full time	34.0	33.7	45.1	51.4	41.0
Employed part time	29.6	25.3	26.2	44.7	30.9
Keeping house	28.7	27.8	37.7	48.1	25.8
Retired	20.0	16.2	23.2	42.9	19.2
Men					
Employed full time	34.1	32.4	47.4	45.3	40.0
Employed part time	30.1	19.8	31.3	47.7	15.8
Retired	15.7	13.5	18.1	28.7	11.7

	Often under stress - too much to handle	Trapped in a daily routine	No time for fun	Under stress - not enough time	Want more time alone
			%		
Women					
Employed full time	44.6	42.9	47.1	67.5	32.3
Employed part time	29.2	36.2	30.5	48.6	22.5
Keeping house	33.2	34.0	29.1	47.0	19.6
Retired	21.8	20.3	15.7	35.3	12.5
Men					
Employed full time	33.1	38.3	39.6	54.4	24.1
Employed part time	21.0	39.7	15.4	32.1	6.9
Retired	10.9	14.4	10.9	22.5	2.9

Source: Statistics Canada, General Social Survey, 1998.

Among mid-agers, the punishing time crunch associated with building a career and raising children has eased. Nevertheless, full-time employment continues to take a toll. Both women and men working full time acknowledged higher levels of time stress than the non-employed. The consequence of doing double duty is apparent in the high proportions of women (68%) and men (54%) who conceded they often were stressed from not having enough time. Nearly ½ of the full-time employed (46%) cut back on sleep when they needed more time.[14] As well, fully 40% of full-time employed women and men experienced social deprivation, illustrated by worrying they didn't spend enough time with family or friends. Presumably in anticipation of retirement, more than 1/3 of full-time employed women and men planned to slow down in the coming year. However, retirement mitigated these complaints by about 25 percentage points for both sexes.

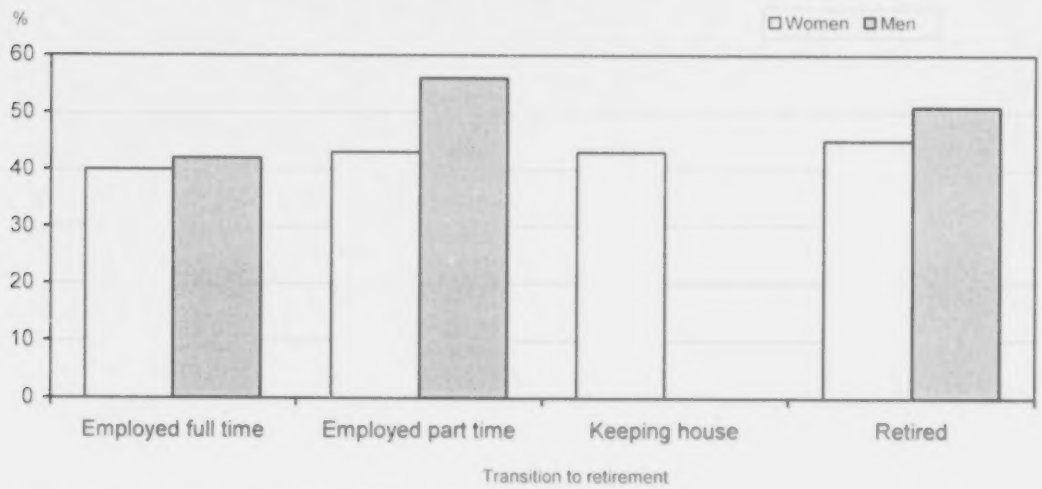
14. The consequences of foregoing even a little sleep can be very harmful. Researchers have suggested that driving while sleep-impaired can be as dangerous as driving while intoxicated.

Limiting their time commitment to the labour force in order to cope with family responsibilities continues to be an effective coping strategy as women reach their prime years. A much smaller proportion of part-time employed women than full-time employed women acknowledged time constraints. Most notably, part-timers, compared to full-timers, were less likely to report they were often under stress from not having enough time (49% versus 68%) or to feel they had no time for fun (30% versus 47%). The proportions reporting constant stress from having too much to handle (29% versus 45%) or the lack of time available for family and friends (31% versus 41%) also fell appreciably for part-time as compared to full-time female workers.

Measures of well-being

Retirees appear to be happier than most other mid-agers. Indeed, Chart 19 reveals that full-time workers were apt to be less happy than any other mid-aged group. Factor analysis indicates that happiness correlates strongly with a number of time pressure indicators such as: striving to accomplish more than one can handle; having no time for fun; constant stress from not having enough time; feeling trapped in a daily routine; and finally, that sinking feeling of not having finished everything that was planned at the end of the day. Not surprisingly, reducing the time commitment to the job and having more autonomy in choosing and scheduling activities eased time pressures and led to greater individual happiness. Interestingly, men were somewhat more likely to report they were very happy than their female counterparts.

Chart 19
Percentage very happy, mid-agers aged 45 to 69



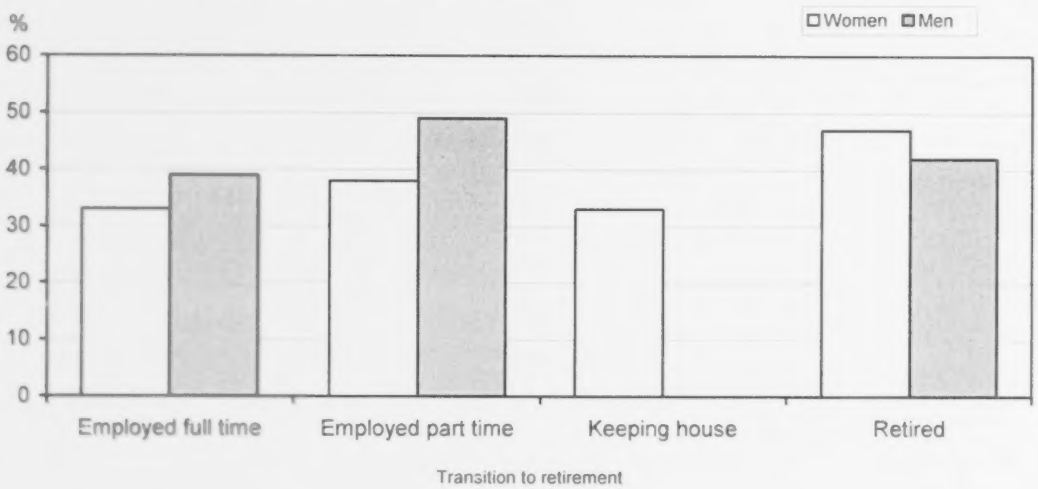
Source: Statistics Canada, General Social Survey, 1998.

Satisfaction with life

While satisfaction with life measures a more global perspective of well-being than happiness, it also was associated with the same stress indicators as happiness. In addition, worry about spending enough time with family and friends also surfaced as being associated with life satisfaction. When looking over their life as a whole, mid-aged Canadians were somewhat more hesitant to report being *very satisfied* with their life as they were to report being *very happy*.[15] The exception is retired women. Retired women reported much higher levels of satisfaction with their life overall than when they were employed, or indeed any other group at mid-age.

Women whose main activity was working full-time[16] and those keeping house[17] were much less likely to report high levels of satisfaction. As we saw from levels of unpaid work, homemakers spent similar hours on unpaid work as women working full time did on paid work. Part-time work seemed to bring more balance into an individual's life; both women and men who worked part time reported greater life satisfaction, no doubt due to reduced time pressures both at home and at work.

Chart 20
Percentage very satisfied with life, mid-agers aged 45 to 69



Source: Statistics Canada, General Social Survey, 1998.

Generalized stress

A negative measure of well-being is the proportion of Canadians who reported they experienced a lot of stress during the past two weeks. In addition to increasing positive measures of well-being, a lower commitment to paid work substantially alleviated generalized stress. Stress fell with the transition to part-time

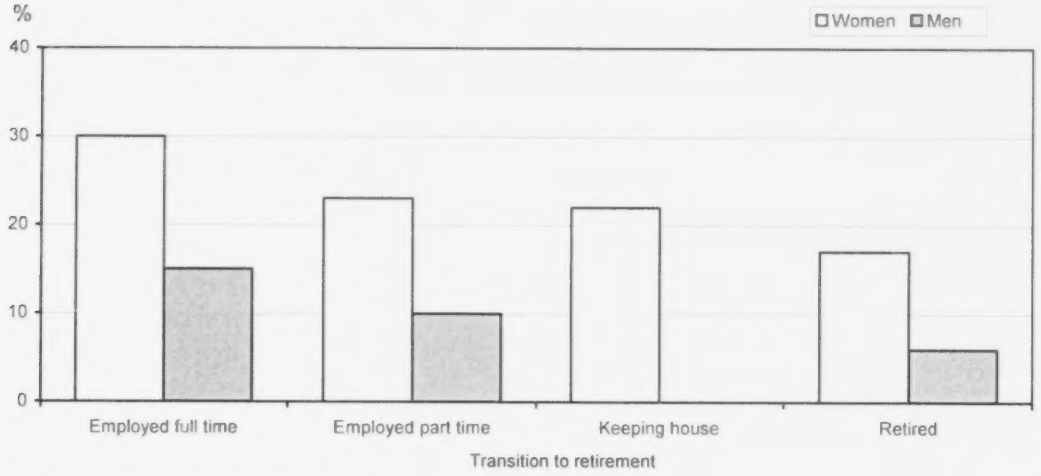
15. The exception is retired women.

16. In addition to the time pressures of full-time work and household responsibilities, contributing factors may lie in a combination of labour market discrimination and segregation that employed women continue to face.

17. The art and science of keeping house continues to lack social status.

work but mid-agers who had completed the transition to retirement were the least likely to have experienced a lot of stress during the past two weeks (about ½ the proportion of the full-time employed).

Chart 21
Percentage very stressed, mid-agers aged 45 to 69



Source: Statistics Canada, General Social Survey, 1998.

Measures of time poverty

Feeling rushed every day

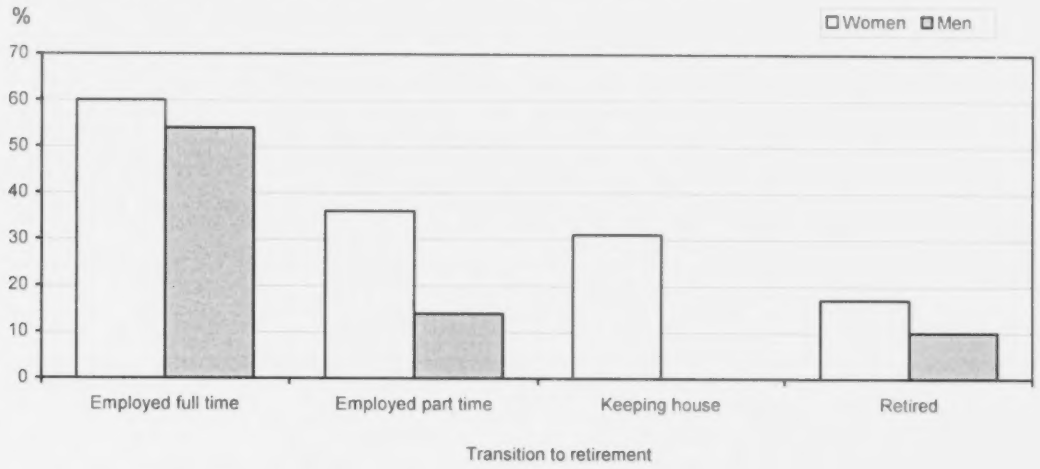
Despite having survived the major "struggle to juggle"[18] many mid-agers have not yet won the war over time poverty. Chart 22 demonstrates that time poverty[19] continued to plague mid-agers who continued to work full time. Most full-time employed women (60%) and men (53%) reported they felt rushed every day. As expected, the proportion complaining of feeling rushed every day plummeted with the transition to retirement (15%). Just cutting back on the time at paid work dramatically alleviated "rushing" for both women and men; many fewer part-time than full-time employees reported being rushed every day. Women keeping house (30%) were almost as likely to report they felt rushed every day, as were women working part time (35%). At mid-age, men were less rushed than women across all life course stages.[20]

18. Referring to the battle of young parents with time poverty.

19. At this stage in the life course, time poverty was no longer compounded by young children but perpetuated by the scheduling constraints imposed by the workplace.

20. The amount of leisure time appears to be tied to quality of life indicators. Leisure, the time left over after work responsibilities and personal care needs have been met, also was greater for men at each transition.

Chart 22
Percentage who are rushed every day, mid-agers aged 45 to 69



Source: Statistics Canada, General Social Survey, 1998.

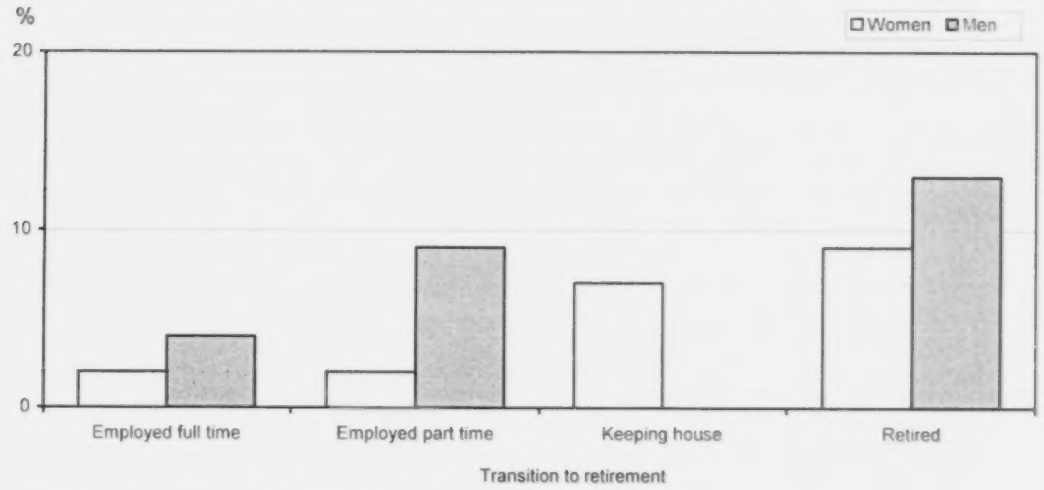
Not unexpectedly, the main source of stress varied depending on the individual's main activity. Full-time employed women and men reported the job to be their main source of stress. The transition to retirement transferred the main source to family for both women and men. However, a substantial minority of female retirees (20%) reported physical health as their main source of stress compared to few (<5%) of those who remained in the labour market.[21] Financial concerns were listed first for men (42%) employed part time.[22] Not surprisingly, homemakers were most likely to report family as their main source of concern.

Time on your hands

While reducing the time devoted to the labour market diminished the pressure of having too much to do, retirees were more likely than the full-time employed to experience having time on their hands every day that they did not know what to do with. Retired men (14%) were more likely than retired women (8%) to concede they found time on their hands every day. Nevertheless, the majority of retirees aged 45 to 69 (nearly 90%) did *not* report having excess time on their hands every day.

21. Failing health is an important reason for early retirement.
22. A note of caution: small numbers, but perhaps a clue as to why some men work part time at this stage of life.

Chart 23
Percentage with time on their hands every day, mid-agers aged 45 to 69



Source: Statistics Canada, General Social Survey, 1998.

The gender gap in experiencing time shortages or unwanted time may be partly explained by the linear life experience of men and the more varied life experiences of women. Men have had fewer opportunities to master transitions. At this stage in the life course, women have donned many hats, often simultaneously—wife, mother, homemaker and paid worker. Because women have had to adjust to myriad roles over the life course, they may well be more experienced at adapting to transitions and may adjust more readily at this stage. Women also typically continue to have a regular schedule of unpaid work, work that is familiar and meaningful to them, even after retiring from paid work. It is not surprising that men are more likely than women to find that they have unwanted time on their hands with the shift from having most of their day scheduled by employment demands to preparing their own agenda. It is expected that rapid technological change and changing work force patterns (i.e. more frequent movement among jobs) will require more adaptation of both sexes throughout their lives, providing more experience, skill, and comfort with changing roles than has been offered contemporary retired workers.

Summary and discussion

This paper has presented an alternative view to the previous research focusing on the burden of an aging population on society. When research is limited to market activity, the productive activity of the retired population remains invisible. Time use surveys provide a broader picture of behaviour patterns. The data enable us to quantify the non-market productive activities, the community involvement with friends and family and the active recreation and leisure of the older population as they shift to retirement.

According to many gerontologists, successful aging, health and well-being depend on active participation in productive activities and social life. Hooker and Ventis (1984) suggest that, with the growing cohort of retirees, there may appear a blossoming of a leisure ethic that can coexist with the work ethic. "Freed from the necessity of work, retirement should be the life stage best suited for fulfilment through intrinsically motivated activities."[23]

23 Hooker, K. and D.G. Ventis. 1984. "Work ethic, daily activities, and retirement satisfaction." *Journal of Gerontology*. vol. 39. p. 483.

With this analysis of how mid-life Canadians aged 45 to 69 actually spend their time, the myth of the solitary, sedentary retiree can be put into perspective.[24] The time spent socializing, on active recreation and leisure, and most importantly, the previously invisible productive work of caring for friends and family, unpaid domestic work and volunteer work is evident for this active, engaged cohort. Retirees have been shown to substitute unpaid work, active leisure, social activities and more self-care in addition to the added time spent watching television for their foregone hours at paid work. Retirees also appeared to be happy and busy. Indicators of well-being showed that retired mid-aged Canadians were somewhat happier and more satisfied with their life overall than the employed. Increased well-being appears to be primarily due to an easing of time pressures and a concomitant increase in leisure time. As well, few retirees were bored. We have seen that retirement does not imply the substitution of an active, independent, productive life for a sedentary, dependent, unproductive one.

Although the sample size is limited and findings should be treated with caution, the most at-risk group that emerged from the analysis of Canadians in the prime of their life appears to be men who worked part time. Part-time employed men were much more likely (39%) to report their financial situation as their main source of stress than any other mid-aged cohort (about 10%). As many of these men listed retired as their main activity, they may have re-entered the labour force to ease financial tensions or may have reduced their hours of work to care for an ailing partner.

More than any other group, men who worked part time were involved in adult care. Those who provided care also appeared to experience a much lower quality of life than those who did not. Among men who worked part time, fewer caregivers than non-caregivers reported being very happy (38% versus 68%), being very satisfied with their main activity (33% versus 73%), being very satisfied with the way they spent their other time (29% versus 65%), being very satisfied with their finances (4% versus 38%), being very satisfied with their self-esteem (24% versus 74%), or very satisfied with their life overall (24% versus 65%). While men employed part time were actively engaged in life, there is an obvious need for a support system.

At mid-age, the nest is emptying. The time pressures associated with young children have become a distant memory. Not only have mid-agers discovered an increase in discretionary time, but many also have witnessed an increase in discretionary income with their children's transition to independent living.[25] While some mid-aged parents may still be working to put their offspring through university, other mid-agers have more freedom to choose how to spend their time and their money than during their hectic child-rearing and career-building years. The shift to retirement heralds a further increase in discretionary time, but for most, it is offset by a decline in income. Retirement can be a time for reflection, to reassess priorities, to ease the frenetic producing and consuming of earlier years.

The description and explanation of attitudes and activity patterns adds to our knowledge about the independence and competency of older persons. It helps to inform the development and evaluation of policies with the potential to affect the labour force behaviour of mid-life individuals and/or the well-being of retired persons. The observation that television viewing occupied large amounts of retirees' time further suggests that television may be a good medium for reaching this population with messages about government or social service agency programs and services, commercial products, volunteer opportunities and strategies for promoting healthy lifestyles.

Boomers born between 1946 and 1965 will be retiring in greater numbers over the next few decades. Polivka (2000) suggests boomers have "benefited from medical advances, a prosperous economy and expanded educational opportunities and will become not only the largest retirement population ever, but also the healthiest, wealthiest, and most powerful politically and economically." He summarizes responses to "this encroaching demographic earthquake" as ranging from forecasts of economic and social catastrophe to one of a cultural transformation leading to a more peaceful and caring society. We can only be sure retired boomers will revolutionize the prevailing attitudes and activities of the "senior" population. Being a "senior" may well become a "good thing."

---

24. As well, the analysis reveals just how differently mid-aged women and men experience life both physiologically and psychologically.

25. Raymond, J. May 2000. "A new chapter." *American Demographics*. p. 47-54.

Appendix A

Detailed Activity Codes

A. PAID WORK AND EDUCATION

1. Paid Work

011 Work for Pay at Main Job
012 Work for Pay at Other Job(s)
021 Overtime Work
022 Looking for Work
023 Unpaid Work in a Family Business or Farm
030 Travel During Work
040 Waiting/Delays at Work
070 Coffee/Other Breaks
080 Other Work Activities
832 Hobbies Done For Sale or Exchange
842 Domestic Home Crafts Done For Sale or Exchange

2. Education

500 Full-Time Classes
511 Other Classes (Part-Time)
512 Credit Courses on Television
520 Special Lectures: Occasional
530 Homework: Course, Career/Self-Development
550 Breaks/Waiting for Class
580 Other Study

3. Commuting

090 Travel: To/From Work
590 Travel: Education
893 Travel: Hobbies & Crafts for Sale

B. UNPAID WORK

4. Cooking/Washing Up

101 Meal Preparation
102 Baking, Preserving Food, Home Brewing, etc.
110 Food (or Meal) Cleanup

5. Housekeeping

120 Indoor Cleaning
130 Outdoor Cleaning
140 Laundry, Ironing, Folding
151 Mending/Shoe Care
152 Dressmaking and Sewing

6. Maintenance and Repair

161 Interior Maintenance and Repair
162 Exterior Maintenance and Repair
163 Vehicle Maintenance
164 Other Home Improvements

7. Other Household Work

171 Gardening/Grounds Maintenance
172 Pet Care
173 Care of House Plants
181 Household Management
182 Stacking and Cutting Firewood
183 Other Domestic/Household Work, n.e.s.
184 Unpacking Groceries
185 Packing and Unpacking Luggage and/or Car
186 Packing and Unpacking for a Move of the Household
190 Travel: Domestic Work

8. Shopping for Goods and Services

301 Groceries
302 Everyday Goods and Products (Clothing, Gas, etc.)
303 Take-out Food
304 Rental of Videos
310 Shopping for Durable Goods
320 Personal Care Services
331 Financial Services
332 Government Services
340 Adult Medical and Dental Care (Outside Home)
350 Other Professional Services (Lawyer, Veterinarian)
361 Automobile Maintenance and Repair Services
362 Other Repair and Cleaning Services
380 Other Shopping and Services
390 Travel: Shopping for Goods and Services

9. Child Care

200 Child Care (Infant to 4 Years Old)
211 Putting Children to Bed
212 Getting Children Ready for School
213 Personal Care for Children of the Household
220 Helping/Teaching/Reprimanding
230 Reading/Talking/Conversation with Child
240 Play with Children
250 Medical Care - Household Child
260 Unpaid Babysitting
281 Help and Other Care - Household Children
291 Travel: Household Child

10. Adult Care

271 Personal Care - Household Adults
272 Medical Care - Household Adults
282 Help and Other Care - Household Adults
292 Travel: Household Adults

11. Civic and Voluntary Activity

600 Professional, Union, General Meetings
610 Political, Civic Activity
620 Child, Youth, Family Organizations
630 Religious Meetings, Organizations
651 Fraternal and Social Organizations
652 Support Groups
660 Volunteer Work, Organizations
671 Housework and Cooking Assistance
672 House Maintenance and Repair Assistance
673 Unpaid Babysitting
674 Transportation Assistance
675 Care for Disabled or Ill
676 Correspondence Assistance
677 Unpaid Help for a Business or Farm
678 Other Unpaid Help
680 Other Organizational, Voluntary and Religious Activity
691 Travel: Civic & Voluntary Activity
800 Coaching
892 Travel: Coaching

C. SELF CARE

12. Night Sleep

450 Night/Essential Sleep

13. Meals (excl. Restaurant Meals)

050 Meals/Snacks at Work
430 Meals/Snacks/Coffee at Home
431 Meals/Snacks/Coffee at Another Place (excl. Restaurants)
540 Meals/Snacks/Coffee at School
642 Meals/Snacks/Coffee at Religious Services
661 Meals/Snacks/Coffee at Place of Volunteer Work

14. Other Personal Activities

400 Washing, Dressing
410 Personal Medical Care at Home
411 Private Prayer, Meditation and Other Informal Spiritual Activities
460 Incidental Sleep, Naps
470 Relaxing, Thinking, Resting, Smoking
480 Other Personal Care or Private Activities
492 Travel: Other Personal Activities

640 Religious Services/Prayer/Bible Readings
692 Travel: Religious Services

D. LEISURE

15. Socializing

060 Idle Time Before/After Work
440 Restaurant Meals
491 Travel: Restaurant Meals
701 Professional Sports Events
702 Amateur Sports Events
711 Pop Music, Concerts
712 Fairs, Festivals, Circuses, Parades
713 Zoos
720 Movies, Films
730 Opera, Ballet, Theatre
741 Museums
742 Art Galleries
743 Heritage Sites
751 Socializing with Friends/Relatives (No Meal)
752 Socializing with Friends/Relatives (With Meal)
753 Socializing with Friends/Relatives (Non-residential or institutional)
754 Socializing with Friends/Relatives (Institutional, e.g. Hospital, Nursing Home)
760 Socializing at Bars, Clubs (No Meal)
770 Casino, Bingo, Arcade
780 Other Social Gatherings (Weddings, Wakes)
791 Travel: Sports and Entertainment Events
792 Travel: Socializing (Between Residences)
793 Travel: Other Socializing
950 Talking, Conversation, Phone

16. Watching Television

911 Watching Television (Regular Scheduled TV)
912 Watching Television (Time-shifted TV)
913 Watching Rented or Purchased Movies
914 Other Television Watching

17. Other Passive Leisure

900 Listening to the Radio
920 Listening to CDs, Cassette Tapes or Records
931 Reading Books
932 Reading Magazines, Pamphlets, Bulletins, Newsletters
940 Reading Newspapers
961 Reading Mail
962 Other Letters and Mail
980 Other Media or Communication
990 Travel: Media and Communication

18. Active Sports

801 Football, Basketball, Baseball, Volleyball, Hockey, Soccer, Field Hockey
802 Tennis, Squash, Racquetball, Paddle Ball
803 Golf, Miniature Golf
804 Swimming, Waterskiing
805 Skiing, Ice Skating, Sledding, Curling, Snowboarding
806 Bowling, Pool, Ping-pong, Pinball
807 Exercises, Yoga, Weightlifting
808 Judo, Boxing, Wrestling, Fencing
809 Rowing, Canoeing, Kayaking, Windsurfing, Sailing (Competitive)
810 Other Sports
811 Hunting
812 Fishing
813 Boating
814 Camping
815 Horseback Riding, Rodeo, Jumping, Dressage
816 Other Outdoor Activities/Excursions
821 Walking, Hiking, Jogging, Running
822 Bicycling
891 Travel: Active Sports

19. Other Active Leisure

560 Leisure and Special Interest Classes
831 Hobbies Done Mainly for Pleasure
841 Domestic Home Crafts Done Mainly for Pleasure
850 Music, Theatre, Dance
861 Games, Cards, Puzzles, Board Games
862 Video Games, Computer Games
863 General Computer Use (Excluding Surfing the Net or Playing Games)
864 Surfing the Net (As a Leisure Activity)
871 Pleasure Drives as a Driver
872 Pleasure Drives as a Passenger in a Car
873 Other Pleasure Drives, Sightseeing
880 Other Sport or Active Leisure
894 Travel: Other Active Leisure

20. Residual Time

001 Missing Gap in Time
002 Refusals

References

Altergott, K., ed. 1988. *Daily Life in Later Life: Comparative Perspectives*. Newbury Park, CA: Sage Publications.

Bittman, M., J.E. Fast, K. Fisher and C. Thompson. 2004. "Making the invisible visible: The life and time(s) of informal caregivers." In *Family Time: The Social Organization of Care*. Edited by M. Bittman and N. Folbre. p. 69-89. London, UK: Routledge Press.

Bradley, D.B. 1999/2000. "A reason to rise each morning: The meaning of volunteering in the lives of older adults." *Generations* 23, 4: 45-51.

Cunninghis, R.N. 1989. "The purpose and meaning of activities." In *Working with the Elderly*. Edited by E.S. Deichman and R. Kociecki. p. 151-170. Buffalo, NY: Prometheus Books.

Fast, J. and M. Da Pont. Autumn 1997. "Changes in women's work continuity." *Canadian Social Trends* (Statistics Canada Catalogue no. 11-008), 2-7.

Fast, J. and J. Frederick. 2004. "The time of our lives: Juggling work and leisure over the life cycle." *Days of Our Lives: Time Use and Transitions over the Life Course* (Statistics Canada Catalogue no. 89-584-MIE, no. 4).

Fast, J.E., D. Dosman, S.A. Chapman and N.C. Keating (under review). "Are retired Canadians aging well by staying engaged?" *Canadian Journal on Aging*.

Franke, S. 2004. "School, work and the school-work combination by young people." *Days of Our Lives: Time Use and Transitions over the Life Course* (Statistics Canada Catalogue no. 89-584-MIE, no. 3).

Frederick, J. 1995. *As Time Goes by...: Time Use of Canadians* (Statistics Canada Catalogue no. 89-544-XPE).

Frederick, J. and J. Fast. 2004. "Living longer, living better." *Days of Our Lives: Time Use and Transitions over the Life Course* (Statistics Canada Catalogue no. 89-584-MIE, no. 6).

Harvey, A.S. and J.F. Singleton. 1989. "Canadian activity patterns across the life span: A time budget perspective." *Canadian Journal on Aging* 8: 268-285.

Hooker, K. and D.G. Ventis. 1984. "Work ethic, daily activities, and retirement satisfaction." *Journal of Gerontology* 39: 478-484.

Keating, N., J. Fast, J. Frederick, K. Cranswick and C. Perrier. 1999. *Eldercare in Canada: Content, Context and Consequences* (Statistics Canada Catalogue no. 89-570-XPE).

Kohli, M. 1986. "The world we forgot: A historical review of the life course." In *Later Life: The Social Psychology of Aging*. Edited by V.W. Marshall. p. 271-303. Beverly Hills, CA: Sage Publications.

Lawton, M.P. 1999. "Methods and concepts of time-budget research on elders." In *Time Use Research in the Social Sciences*. Edited by W.E. Pentland, A.S. Harvey, M.P. Lawton, and M.A. McColl. p. 107-125. New York, NY: Kluwer Academic/Plenum.

Marshall, V.W. and P.J. Clarke. 1996. *Health and the Transition from Employment to Retirement*. IESOP Research Paper No. 6. Hamilton, ON: McMaster University

McKinnon, A.L. 1992. "Time use for self-care, productivity, and leisure among elderly Canadians." *Canadian Journal of Occupational Therapy* 59, 2: 102-110.

Polivka, L. 2000. "Whither goes the baby boom? Politics and values in an aging society." *The Gerontologist* 40, 2: 246-251.

Quinn, J. 1997. The role of bridge jobs in the retirement patterns of older Americans. In *Social Security in the 21st Century*. Edited by E. Kingson and J. Schulz. p. 127-146. New York, NY: Oxford University Press.

Robinson, J.P. and G. Godbey. 1997. *Time for Life: The Surprising Ways Americans Use Their Time".* University Park, PA: The Pennsylvania State University Press.

Rowe, J.W. and R.L. Kahn. 1998. *Successful Aging.* New York, NY: Pantheon Books.

Szalai, A., ed. 1972. *The Use of Time.* The Hague: Mouton.

U.S. Department of Health and Human Services. May 1997. *Active Aging: A Shift in the Paradigm* [Web page]. http://aspe.hhs.gov/daltcp/reports/actaging.htm (accessed October 17, 2003).

Verbrugge, L.M., A. Gruber-Baldini, and J. Fozard. 1996. "Age differences and age changes in activities: Baltimore longitudinal study of aging." *Journal of Gerontology* 51B: 530-541.

Zukewich, N. 2003. "Work, parenthood and the experience of time scarcity." *Days of Our Lives: Time Use and Transitions over the Life Course* (Statistics Canada Catalogue no. 89-584-MIE, no. 1).

Zuzanek, J. and S.J. Box. 1988. "Life course and the daily lives of older adults in Canada." In *Daily Life in Later Perspective: Comparative Perspectives*. Edited by K. Altergott. p. 147-185. Newbury Park, CA: Sage Publications.